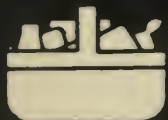


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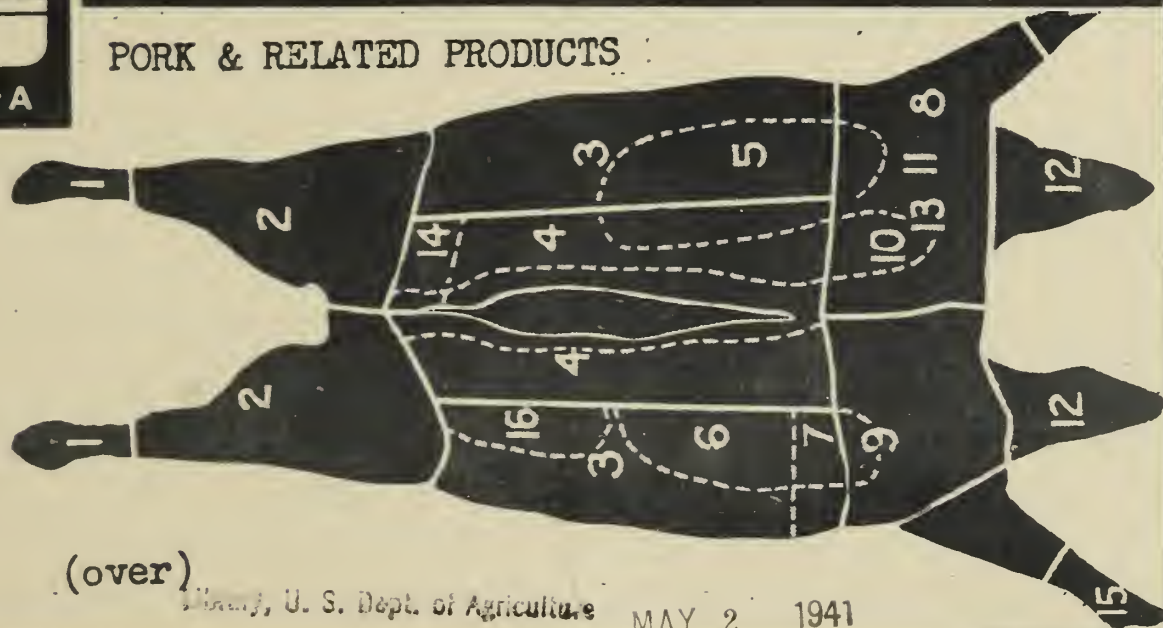


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PORK

CONSUMER TIPS > >

PORK & RELATED PRODUCTS



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Low-Cost Cuts:

1. Hind feet	Boiled, pickled.
5. Spareribs	Baked, boiled.
6. Spareribs (half sheet). . .	Baked, boiled.
10. Neck bones.	Cooked like spareribs.
12. Jowl butts.	Sliced, fried, seasoning for vegetables.
15. Forefeet	Boiled, pickled.

Medium-Cost Cuts:

7. Brisket (forepart of bacon)	Seasoning for vegetables.
8. Cured picnic	Baked or boiled, fried or braised.
9. New York style shoulder . .	Cooked like ham.
11. Picnic butts	Cooked like ham.
13. Boston butts	Cooked like ham.
14. Loin Butts (end of pork loin)	Roast.
2. Cured hams (purchased whole or half)	Baked, boiled, fried, broiled, or braised slices.
2. Fresh hams	Roast, braised steak.

High-Cost Cuts:

3. Bacon (without rind) . . .	Broiled, fried.
2. Cured ham, center slices . .	Broiled, fried, braised.
4. Fresh pork loins	Roast, crown roast, braised chops.
4. Cured pork loins	Canadian style bacon.

Other Edible Parts:

Heart	Stew, braised.
Kidney	Stew, meat pie.
Liver	Fried, braised, liver loaf, liver paste.
Tongue	(Fresh, corned, pickled) Boiled.
Brains	Fresh, braised, scrambled.
Tail	Boiled.
Ears and snout	Boiled.
Head	Headcheese, scrapple.

Best quality cuts of fresh pork are wrinkle-free, with a thin, smooth skin. High-quality flesh is firm; poor quality, soft and flabby. Top-grade hams have a moderately small shank, and are short and thick. Look for soft, red bones and fine textured flesh in the best grades of spareribs and pork loin. Cook all pork thoroughly.

CONSUMER TIPS PRINCIPAL CITIES IN PORK PRICE ZONES

ZONE I: CALIFORNIA, Los Ang., San Fran.; OREGON, Portland; NEVADA, Reno; WASHINGTON, Seattle. ZONE II: MONTANA, Butte; UTAH, Salt Lake City. ZONE III: COLORADO, Denver. ZONE IV: TEXAS, Houston, Dallas; OKLAHOMA, Oklahoma City. ZONE IVA: IOWA, Des Moines; MISSOURI, Kansas City; NEBRASKA, Lincoln. ZONE V: ILLINOIS, Chicago, Springfield; WISCONSIN, Milwaukee. MISSOURI, St. Louis. ZONE VI: INDIANA, Indianapolis; KENTUCKY, Louisville. ZONE VII: NEW YORK, Buffalo; WEST VIRGINIA, Charleston; OHIO, Cleveland, Columbus; MICHIGAN, Detroit; TENNESSEE, Memphis; PA., Pittsburgh. ZONE VIII: (SOUTH) GEORGIA, Atlanta; ALABAMA, Birm.; LA., New Orleans. ZONE VIII: (NORTH) NEW YORK, Rochester. ZONE IX: (NORTH) MD., Baltimore; MASS., Boston; N. J., Newark; NEW YORK, New York; PA., Phil.; D. C., Wash. ZONE IX: (SOUTH) S. C., Columbia; FLORIDA, Jacksonville; N. C., Raleigh; VIRGINIA, Richmond. ZONE X: FLORIDA, Tampa.

Low-Cost Cuts:

1. Hind feet Boiled, pickled.
 5. Spareribs Baked, boiled.
 6. Spareribs (half sheet). Baked, boiled.
 10. Neck bones. Cooked like spareribs.
 12. Jowl butts. Sliced, fried, seasoning for vegetables.
 15. Forefeet Boiled, pickled.

Medium-Cost Cuts:

7. Brisket (forepart of bacon) Seasoning for vegetables.
 8. Cured picnic Baked or boiled, fried or braised.
 9. New York style shoulder Cooked like ham.
 11. Picnic butts Cooked like ham.
 13. Boston butts Cooked like ham.
 14. Loin Butts (end of pork loin) Roast.
 2. Cured hams (purchased whole or half) Baked, boiled, fried, broiled, or braised slices.
 2. Fresh hams Roast, braised steak.

High-Cost Cuts:

3. Bacon (without rind) Broiled, fried.
 2. Cured ham, center slices Broiled, fried, braised.
 4. Fresh pork loins Roast, crown roast, braised chops.
 4. Cured pork loins Canadian style bacon.

Other Edible Parts:

- Heart Stew, braised.
 Kidney Stew, meat pie.
 Liver Fried, braised, liver loaf, liver paste.
 Tongue (Fresh, corned, pickled) Boiled.
 Brains Fresh, braised, scrambled.
 Tail Boiled.
 Ears and snout Boiled.
 Head Headcheese, scrapple.

Best quality cuts of fresh pork are wrinkle-free, with a thin, smooth skin. High-quality flesh is firm; poor quality, soft and flabby. Top-grade hams have a moderately small shank, and are short and thick. Look for soft, red bones and fine textured flesh in the best grades of spareribs and pork loin. Cook all pork thoroughly.

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